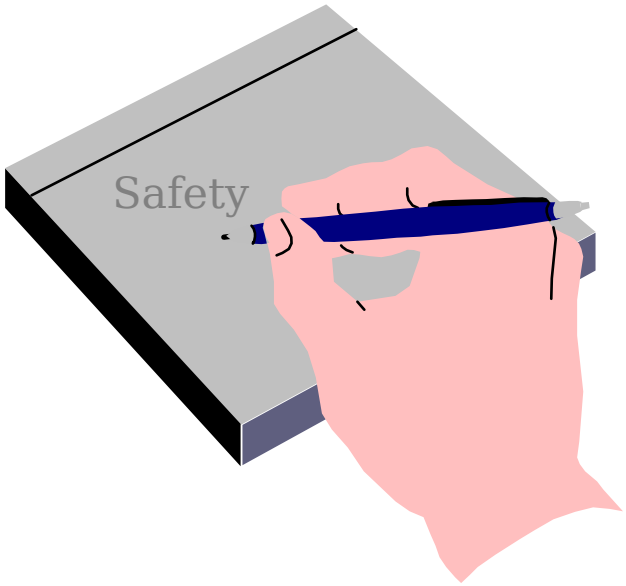
Holiday Safety

EIGHTH ARMY

"PACIFIC VICTORS"

Introduction

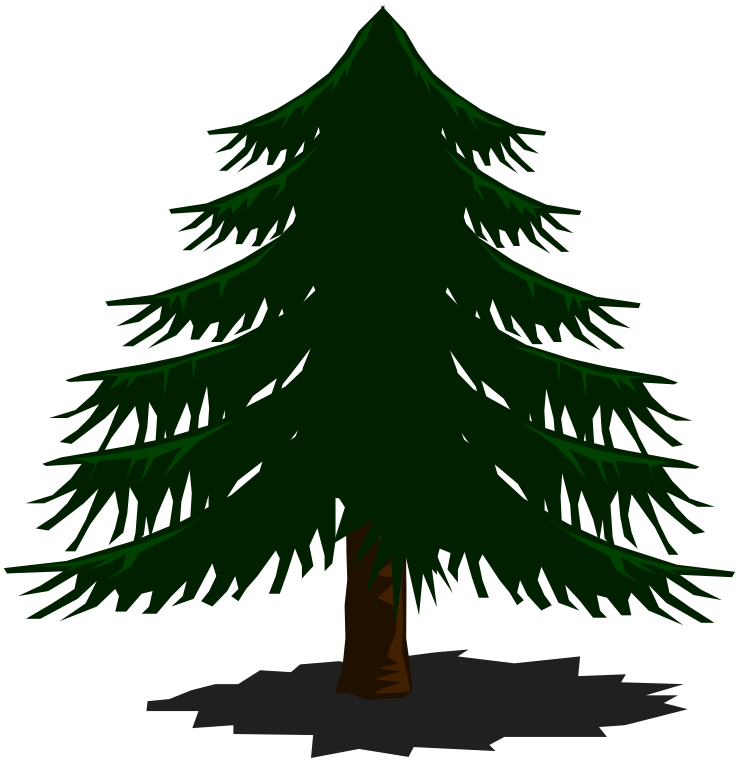
- The holiday season can be a time of joy but it can also be a very hectic time which can put you at risk.
- When you make out your shopping list, make a Safety List too.


Safety

Holiday Safety List

- Fresh Tree
- Lights and Decorations
- Fire in the Fireplace
- Holiday Food
- Party Plans
- Travel
- Shopping
- Stress Relievers

Tree



Tree

- Make sure the tree is fresh - no falling needles
- Keep the tree fresh - keep it in a bucket of water until you are ready to bring it inside
- When you bring it in cut a diagonal slice off the bottom of the truck
- Use a sturdy holder with wide-spread legs

Tree

- Keep the stand filled with water
- Keep the tree away from heat like fireplaces, heaters and heat ducts
- After the season, recycle or discard the tree - Never burn it
- If you are considering an artificial tree, make sure it is flame retardant

Lights

- Make sure that lights have a factory label which assures it has been safety tested
- Inspect each string of lights to make sure there is no damage
- Position bulbs so they are not in contact with needles or ornaments

Lights

- If you string lights together, don’t string more than 200 midget or 50 larger bulbs through one string
- Don’t connect more than 3 sets of lights on the same extension cord
- Keep cords and plugs away from the water under the tree

Lights

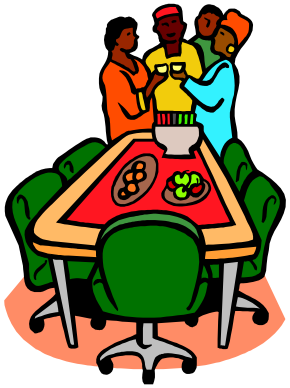
- Keep cords out of walkways to prevent tripping
- Don’t run cords under carpets or rugs
- Take care not to pinch cords when placing behind furniture

Decorations

- Make sure that fragile glass ornaments - or ornaments that small children could mistake for candy- are placed high on the tree or consider not using them
- If small children are in the home do not use older ornaments that may be made with toxic materials such as lead based paints

Decorations

- Make sure that tinsel is not placed on low limbs where it could pose a choking hazard to small children or consider not using it at all



Fireplaces

- Don’t use your fireplace to burn wrapping materials - which can create toxic fumes or even a flash fire
- Use kindling and wooden matches to light to light fires - not flammable liquids
- Don’t wear loose clothes when tending fires
- Keep flammable decorations away from the fireplace

Fireplaces

- Don’t close the chimney flue until the fire is COMPLETELY out
- Make sure the fire is out before leaving the house or going to bed
- Dispose of ashes in a metal container and never in or near the house

Fire Hazards

- Place candles in a holder that will not tip
- If you place candles in a window make sure they are clear of curtains or drapes
- Extinguish all candles before leaving or going to bed
- NEVER place lit candles on your tree

Smoke Detectors & Fire Extinguishers

- Smoke detectors should be installed on each floor and outside each bedroom
- Don’t place smoke detectors in kitchens where false alarms are common
- Test smoke detectors at least once a month and replace batteries annually
- Buy a fire extinguisher and inspect it frequently

Smoking

- Use an ashtray that large, deep and will not tip over
- Empty ashtrays often
- After a party, check all surface areas for smoldering cigarette butts - even behind pillows and cushions

Holiday Food Preparation To Avoid Food Poisoning:

- Keep food, utensils, preparation surfaces and hands clean
- Keep hot foods hot and cold foods cold
- Refrigerate leftovers as soon as possible after the meal

Holiday Food Preparation
Preparing the Turkey:

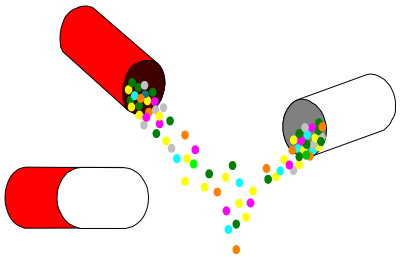
- Defrost the turkey in the refrigerator - NEVER at room temperature
- Stuff the turkey just before cooking to prevent the stuffing from spoiling
- Use a meat thermometer to assure complete cooking

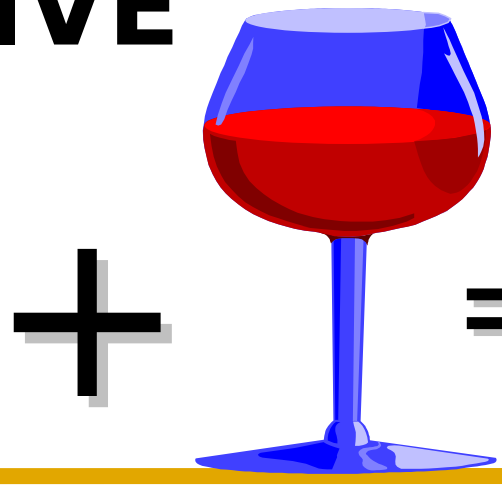
Holiday Parties and Alcohol

- Don’t drink alcohol in excess of one per hour
- 1 beer = 1 shot of whiskey = 1 glass of wine
- Never drink alcohol on an empty stomach
- Feel free to refuse alcohol regardless of pressure or encouragement to drink

Holiday Parties and Alcohol

- Don’t drink alcohol if you are pregnant or are using medication
- **NEVER DRINK ALCOHOL AND DRIVE**





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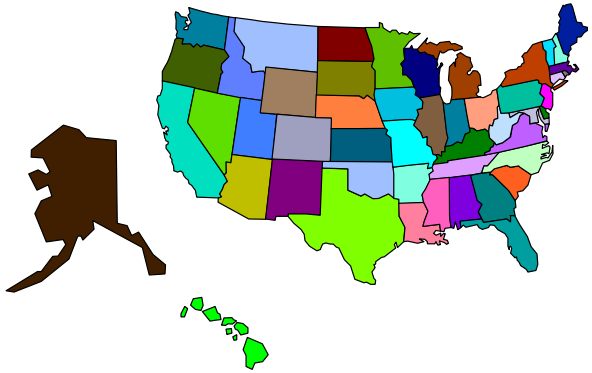
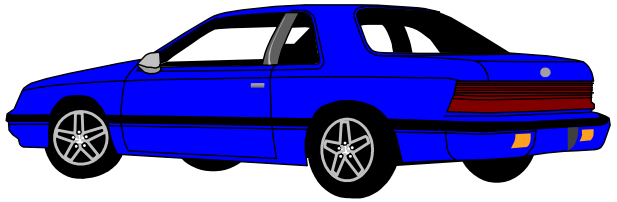


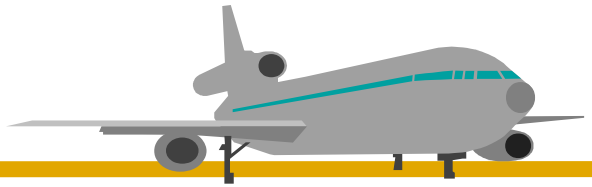
Holiday Traveling

- Plan your trip with scheduled rest stops and activities for small children
- Leave an itinerary with a friend so someone knows where you are
- Don’t overload your vehicle or obstruct your view with packages
- Avoid a heavy meal before leaving on a trip to prevent sleepiness.



Holiday Travel

- Get a good night's sleep before starting on the road
- Follow other vehicles at a safe distance
- If traveling in winter weather, carry emergency equipment such as first aid kit, blankets, compass, flashlight, flares, etc.
- ALWAYS BUCKLE UP!!!!

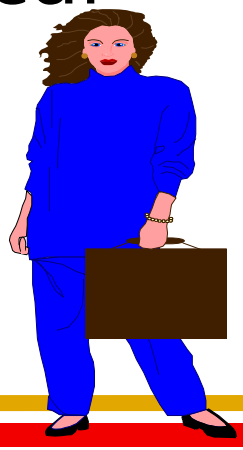


Safe Shopping

- Avoid carrying large packages that block your vision and make you a target for purse snatchers
- Ask store for an escort to your car - some now provide this service
- Shop during daylight hours whenever possible
- Always park in well lit area

Safe Shopping

- Carry your wallet in your front pocket
- Carry your purse close to your body or under your coat
- Have your keys in your hand before you go to your car



Holiday Stress Relievers

- To avoid stress:
- Don’t blow your budget
- Budget your time as well as your money
- Start planning your gift list early
- Don’t try to do everything yourself
- Make some fun plans for January when the post holiday blues set in

Summary - Holiday Safety List

- Fresh Tree ✓
- Lights and Decorations ✓
- Fire in the Fireplace ✓
- Holiday Food ✓
- Party Plans ✓
- Travel ✓
- Shopping ✓
- Stress Relievers ✓

All add up to a

SAFE HOLIDAY